

## How can I protect my family from TB?

- ✓ Cover your mouth with a cloth when you cough.
- ✓ Wash your hands with soap after you cough.
- ✓ Keep your home well-ventilated.



- ✓ Get all the people in close contact with you screened for TB.
- ✓ Children less than 6 years of age should be given preventive treatment for 6 months after TB is ruled out by a paediatrician.

## Where can I get more information and treatment support?

- ✓ TB patients are eligible to receive Rs 500 per month for nutritional support during treatment. This direct benefit transfer (DBT) payment will be credited to your bank account. Contact your Designated Microscopy Centre (DMC) for details.
- ✓ Mitra: A TB Careline - This is a telephone-based service that provides information and counselling to TB patients and caregivers. Give a missed call to the **73497 78223** and the counsellor will call you back.
- ✓ 104 Helpline - This is a free call-in service that provides health related information and counselling support for all.

## Patients/Caregivers Self-monitoring Tool

Date of treatment initiation:

Month 1		Weight: ___ kg	Month 2		Weight: ___ kg
M			M		
T			T		
W			W		
T			T		
F			F		
S			S		
S			S		

  

Month 3		Weight: ___ kg	Month 4		Weight: ___ kg
M			M		
T			T		
W			W		
T			T		
F			F		
S			S		
S			S		

  

Month 5		Weight: ___ kg	Month 6		Weight: ___ kg
M			M		
T			T		
W			W		
T			T		
F			F		
S			S		
S			S		

- ✓ Mark tick in box if medicine taken
- ✗ Mark cross if medicine not taken
- Shade the box if a doctor visit is scheduled.
- ✍ Record and note your weight every month.

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# Tuberculosis

## So What?!



## Just 3 Simple Steps

### 1. Timely Treatment



### 2. Nutritious Food



### 3. Healthy Lifestyle



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## What should I know about TB?

- ▶ TB is an infectious disease caused by a germ.
- ▶ Pulmonary (lung) TB spreads from one person to another mainly through the air while coughing.
- ▶ Extrapulmonary TB (EPTB) can affect other parts of the body including the abdomen, lymph nodes and joints. It is not contagious.



TB can be fully cured with

- ✓ the right drugs
- ✓ the right dose
- ✓ the right treatment duration

## What are the common symptoms of TB?



Persistent cough is the most common symptom of TB



Fever, especially at night, with sweating



Loss of weight



Coughing up blood



Loss of appetite



Chest pain, Weakness or tiredness

## What should I know about treatment?

- ✓ Medicines have to be taken daily as the doctor advises.
- ✓ TB is curable with right medicines of right dosage for right duration.
- ✓ The duration of treatment is at least 6 months.

## How should I take the medicines?

- ✓ You should take all TB medicines together at the same time everyday.
- ✓ In case you find it difficult, take your medicines after food or with a little food.
- ✓ You may rest for some time after taking the medicines.

## Are there side-effects of taking medicine?

Side-effects can appear at any time during the Treatment.

Common side effects are

- ▶ tiredness
- ▶ fatigue
- ▶ nausea
- ▶ discomfort in the stomach
- ▶ vomiting
- ▶ skin rash
- ▶ sleepiness
- ▶ reddish-orange urine
- ▶ numbness of hand and feet



## You must remember!

- ✓ TB needs treatment
- ✓ Side effects can be managed
- ✓ Do **not** stop medicines by yourself
- ✓ Consult the doctor if side effects are troublesome or intolerable

## What should I eat while on treatment?

- ✓ Eat nutritious, protein-rich food.
- ✓ Food will help you to gain weight, feel healthy and reduce side-effects.
- ✓ There are no food restrictions for persons affected with only TB.
- ✓ Drink plenty of clean water to keep yourself hydrated.



## Stay away from smoking!

- ▶ Smoking can harm the lungs, which are already weak and damaged by TB.
- ▶ Smoking worsens the symptoms of TB.
- ▶ Discontinuing smoking and tobacco consumption helps with recovery from symptoms.



## Abstain from alcohol!

- ▶ Don't drink alcohol when taking TB medicine.
- ▶ Patients who consume alcohol frequently miss treatment doses.
- ▶ Alcohol worsens the side-effects of TB medicines on your liver and reduces their effectiveness.



There are services available in every district hospital or medical college to help stop alcohol or tobacco use.

## Why am I still coughing?

- ✓ Your cough may persist even with medicines due to damage to the lungs.
- ✓ Home-based remedies may give you some relief. Drink warm fluids or kashaya (honey with crushed mint and ginger juice, herbal tea). Steam inhalation will help.
- ✓ Do not stop TB treatment even if your cough does not reduce.
- ✓ Inform your doctor if the cough is worsening.



## Do I need to stay away from my family?

- ✓ People with TB need not be separated from their families.
- ✓ Staying together encourages positive thinking and helps people with TB recover faster.